



Missouri Health Correlations

Grades K-5



K-5 Missouri Health Correlations • Kindergarten



Standard	Description	Health Lessons
Strand: Functions and Interrelationships of Systems		
Big Idea 1: Structure and Functions of the Body		
A. Sensory System		
FS.1.A.K.a	Identify the five senses	Safety and Accident Prevention: Protecting My Five Senses
B. Muscular System		
FS.1.B.K.a	Tell why people have muscles	Healthy Practices and Hygiene: What Is Exercise?
		Safety and Accident Prevention: Protecting My Five Senses
		Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
C. Skeletal System		
FS.1.C.K.a	Tell why people have bones	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
D. Integumentary System (Skin)		
E. Cardiorespiratory/Circulatory System		
FS.1.E.K.a	Show the location of the heart	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
F. Respiratory System		
G. Nervous System		
H. Digestive System		
I. Urinary/Excretory System		
J. Endocrine System		
K. Reproductive System		
L. Lymphatic-Immune System		
Big Idea 2: Social, Emotional and Mental Health		
A. Influence of Family and Peers		
FS.2.A.K.a	State qualities of a good friend	Social Behavior: Making New Friends
		Social Behavior: What are Healthy Relationships?
		Mental Health and Wellness: How Do I Feel?
FS.2.A.K.b	Recognize similarities and differences of families	General Health: What Is Healthy Help?
B. Responsibilities in Society		

K-5 Missouri Health Correlations • Kindergarten



Standard	Description	Health Lessons
C. Communication Skills		
FS.2.C.K.a	Recognize different emotions	Mental Health and Wellness: What Are Emotions?
		Mental Health and Wellness: When I Feel Worried
		Mental Health and Wellness: Controlling Myself
		Mental Health and Wellness: How Do I Feel?
FS.2.C.K.b	Identify appropriate ways of expressing feelings and recognize verbal and nonverbal cues associated with each (e.g., happy, sad, mad, and afraid)	Mental Health and Wellness: What Are Emotions?
		Mental Health and Wellness: When I Feel Worried
		Mental Health and Wellness: Controlling Myself
		Mental Health and Wellness: How Do I Feel?
Strand: Health Maintenance and Enhancement		
Big Idea 1: Personal and Family Health		
A. Personal Health		
HM.1.A.K.a	Identify behaviors that keep a person healthy (e.g., physical activity, sleep, good nutrition, clothing, hygiene)	Social Behavior: Making New Friends
		Healthy Practices and Hygiene: Hygiene Skills
		Healthy Practices and Hygiene: My Teeth and Mouth
		Healthy Practices and Hygiene: What Is Exercise?
		Mental Health and Wellness: When I Feel Worried
		Healthy Eating and Nutrition: Food and My Body
		Healthy Eating and Nutrition: Can I Eat Anything I Want?
		Healthy Eating and Nutrition: Eating Habits
		Healthy Eating and Nutrition: Harmful Effects - Substances
		Disease and Illness Prevention: Staying Healthy
		Safety and Accident Prevention: Helmets and Seatbelts
		Safety and Accident Prevention: Safe Play
B. Preventive Care		
C. Growth and Development		
D. Health and Skill Related Fitness		
HM.1.D.K.a	Recognize that active play makes people strong and healthy	Healthy Practices and Hygiene: What Is Exercise?
		Health Toolbox: Moving My Body

K-5 Missouri Health Correlations • Kindergarten



Standard	Description	Health Lessons
Big Idea 2: Nutrition		
A. Essential Nutrients and Food Groupings		
B. Balance, Variety and Moderation		
HM.2.B.K.a	Recognize we need a variety of foods each day	Healthy Eating and Nutrition: Food and My Body
		Healthy Eating and Nutrition: Can I Eat Anything I Want?
		Healthy Eating and Nutrition: Eating Habits
C. Food Labels		
D. Food Handling and Safety		
HM.2.D.K.a	Recognize how germs are spread and apply practices to reduce germs in our community (e.g., hand washing, not eating food off, floor, not touching others' food, wash fruits and vegetables)	General Health: Exploring My Health
		Healthy Practices and Hygiene: Hygiene Skills
		Disease and Illness Prevention: Cold and Flu
		Disease and Illness Prevention: What Is Medicine?
		Disease and Illness Prevention: Staying Healthy
E. Food Energy and Physical Activity		
Big Idea 3: Consumer Health and Safety		
A. Media Influence on Health Habits and Decisions		
B. Consumer Rights and Issues		
C. Community Services/Careers		
HM.3.C.K.a	Identify community helpers and health professionals (e.g., fire, police, nurse, doctor, dentist, pediatrician, pharmacist, safety patrol)	General Health: What Is Healthy Help?
		Social Behavior: What are Healthy Relationships?
		Responsible Decision Making: Discovering Short and Long-Term Goals
		Responsible Decision Making: Explore - Getting Help with Online Safety
		Mental Health and Wellness: When I Feel Worried
		Disease and Illness Prevention: What Is a Checkup?
Big Idea 4: Life Management Skills		
A. Decision Making and Problem Solving		
HM.4.A.K.a	Recognize that people have disagreements and choices on how to resolve them	Social Behavior: What are Healthy Relationships?
		Responsible Decision Making: What Is a Problem?
		Responsible Decision Making: I Can Make It Better

K-5 Missouri Health Correlations • Kindergarten



Standard	Description	Health Lessons
B. Refusal/Assertive Skills and Conflict Resolution		
HM.4.B.K.a	Recognize and practice saying “no” to unhealthy actions and behaviors toward them (e.g., stop, get away, and tell an adult or No, Go, and Tell)	Social Behavior: What are Healthy Relationships?
		Responsible Decision Making: Explore - Getting Help with Online Safety
		Healthy Eating and Nutrition: Harmful Effects - Substances
		Safety and Accident Prevention: What Is Personal Safety?
C. Goal Setting and Asset Development		
D. Stress Management and Coping Skills		
E. Harassment/Bullying and Violence Prevention		
HM.4.E.K.a	Define “private parts” (e.g., what is covered by a swimming suit) and distinguish between “safe” and “unsafe” touch	Health Toolbox: Types of Touches
		Health Toolbox: Think Quick! (Types of Touches)
		Health Toolbox: Tell a Grown-up
Strand: Risk Assessment and Reduction		
Big Idea 1: Disease Prevention and Control		
A. Communicable vs. Non-Communicable Diseases		
RA.1.A.K.a	Recognize that germs cause illness.	General Health: Exploring My Health
		Healthy Practices and Hygiene: Hygiene Skills
		Disease and Illness Prevention: Cold and Flu
		Disease and Illness Prevention: What Is Medicine?
		Disease and Illness Prevention: Staying Healthy
B. Body Defenses and Recovery		
RA.1.B.K.a	Model proper hand washing and hygiene	General Health: Exploring My Health
		General Health: What Is a Healthy Behavior?
		Healthy Practices and Hygiene: Hygiene Skills
		Healthy Practices and Hygiene: What Is Exercise?
		Healthy Practices and Hygiene: Introducing the Importance of Sleep
		Disease and Illness Prevention: Staying Healthy
C. Types of Pathogens and Transmission		
E. HIV/AIDS Prevention Education		
RA.1.E.K.a	Identify bodily fluids (e.g., blood, saliva, urine, tears, sweat, mucous)	QuaverEd is developing a comprehensive resource to address this standard.
RA.1.E.K.b	Identify how gloves protect us from bodily fluids	

Standard	Description	Health Lessons
Big Idea 2: Injury Prevention and Safety		
A. Safety for Home, School, and Communities		
RA.2.A.K.a	Identify safe and unsafe practices and conditions at home, school, and in the community	General Health: What Is Healthy Help? Social Behavior: What are Healthy Relationships? Responsible Decision Making: Explore - Getting Help with Online Safety Mental Health and Wellness: When I Feel Worried Disease and Illness Prevention: What Is a Checkup? Safety and Accident Prevention: Safe Play
RA.2.A.K.b	Recognize warning labels that identify harmful items and substances (e.g., cleaning products, "Mr. Yuk" symbol, plastic bags)	QuaverEd is developing a comprehensive resource to address this standard.
B. First Aid Procedures		
RA.2.B.K.a	Tell what first aid is and give an example	General Health: What Is an Emergency? Safety and Accident Prevention: Safe Play Safety and Accident Prevention: Protecting My Five Senses
RA.2.B.K.b	Explain how to make emergency phone calls	General Health: What Is an Emergency?
C. Activity Related Injuries and Environmental Conditions		
RA.2.C.K.a	Recognize that safety equipment is necessary to protect the body during participation in sports and recreational activities (e.g., helmet, mouth piece, shin guards, eye protection)	General Health: What Is a Healthy Behavior? Disease and Illness Prevention: What Is a Checkup? Safety and Accident Prevention: Helmets and Seatbelts Safety and Accident Prevention: Safe Play Health Toolbox: Equipment and Safety
D. Water-Related Emergencies		
RA.2.D.K.a	Recognize the importance of safety rules in and around water	Safety and Accident Prevention: Helmets and Seatbelts Safety and Accident Prevention: What Is Personal Safety? Safety and Accident Prevention: Safe Play Health Toolbox: Problem-Solving Super-Gogs (Water Safety) Health Toolbox: Safe and Unsafe Water Play

K-5 Missouri Health Correlations • Kindergarten



Standard	Description	Health Lessons
RA.2.D.K.b	Identify specific safe practices in and around water (e.g., life jackets, buddy system, inclement weather)	Safety and Accident Prevention: Helmets and Seatbelts
		Safety and Accident Prevention: What Is Personal Safety?
		Safety and Accident Prevention: Safe Play
		Health Toolbox: Problem-Solving Super-Gogs (Water Safety)
		Health Toolbox: Safe and Unsafe Water Play
Big Idea 3: Substance Education		
A. Safe and Unsafe Substances		
RA.3.A.K.a	Recognize that there are safe and unsafe substances that can be taken into the body	Healthy Eating and Nutrition: Harmful Effects - Substances
RA.3.A.K.b	Identify ways to stay away from dangerous substances	Healthy Eating and Nutrition: Harmful Effects - Substances
B. Purpose and Guidelines for Prescription, OTC Drugs and Natural Substances		
RA.3.B.K.a	Recognize that medicine is used to prevent or treat certain health problems, taken under adult supervision	Disease and Illness Prevention: What Is Medicine?
C. Substance Use vs. Non-Use		
RA.3.C.K.a	Recognize that TAOD (tobacco, alcohol, and other drugs) can have dangerous effects on the body	Healthy Eating and Nutrition: Harmful Effects - Substances
Big Idea 4: Environmental Health		
A. Effects of Pollution on Health		
RA.4.A.K.a	Recognize how the environment affects a person's health	Safety and Accident Prevention: Safe Play
B. Individual Responsibility		
RA.4.B.K.a	Identify ways to protect the body from the environment (e.g., sunscreen, insect repellent, sunglasses, goggles, hats)	Safety and Accident Prevention: What Is Personal Safety?
		Safety and Accident Prevention: Safe Play
		Safety and Accident Prevention: Protecting My Five Senses

K-5 Missouri Health Correlations • First Grade



Standard	Description	Health Lessons
Strand: Functions and Interrelationships of Systems		
Big Idea 1: Structure and Functions of the Body		
A. Sensory System		
FS.1.A.1.a	Illustrate the functions of the five senses (e.g., eyes to see)	Health Toolbox: Protecting My Five Senses Health Toolbox: Explore the Five Senses Health Toolbox: Five Senses (Lyrics)
B. Muscular System		
FS.1.B.1.a	Identify a muscle in each region of the body (e.g., arms, torso, legs)	Healthy Practices and Hygiene: Skeletal, Muscular, Circulatory, and Respiratory Systems
C. Skeletal System		
FS.1.C.1.a	Identify a bone in each region of the body (i.e., head, arms, torso, and legs)	Healthy Practices and Hygiene: Skeletal, Muscular, Circulatory, and Respiratory Systems
D. Integumentary System (Skin)		
E. Cardiorespiratory/Circulatory System		
FS.1.E.1.a	Predict what happens to your heart rate during physical activity	Healthy Practices and Hygiene: Skeletal, Muscular, Circulatory, and Respiratory Systems Healthy Practices and Hygiene: What is Exercise? - Going Deeper
F. Respiratory System		
FS.1.F.1.a	Identify the basic components of the respiratory system (e.g., nose, mouth, lungs)	Healthy Practices and Hygiene: Skeletal, Muscular, Circulatory, and Respiratory Systems
G. Nervous System		
H. Digestive System		
I. Urinary/Excretory System		
J. Endocrine System		
K. Reproductive System		
L. Lymphatic-Immune System		
Big Idea 2: Social, Emotional and Mental Health		
A. Influence of Family and Peers		
FS.2.A.1.a	Identify responsibilities within a family and describe characteristics needed to be a responsible family member	General Health: Who Is a Healthy Helper?

K-5 Missouri Health Correlations • First Grade



Standard	Description	Health Lessons
B. Responsibilities in Society		
FS.2.B.1.a	Recognize how each person has a unique contribution (e.g., physical, mental, cultural, ethnicity) to their community (e.g., classroom, school, neighborhood)	Social Behavior: Sharing My Strengths
C. Communication Skills		
FS.2.C.1.a	Identify a variety of feelings and situations that may require adult assistance	Social Behavior: Expressing Your Feelings
		Mental Health and Wellness: Recognizing Stress
		Mental Health and Wellness: Showing My Feelings
Strand: Health Maintenance and Enhancement		
Big Idea 1: Personal and Family Health		
A. Personal Health		
HM.1.A.1.a	Show the cause and effect of healthy behaviors (e.g., physical activity, sleep, good nutrition, clothing, hygiene)	General Health: What Influences My Health Behaviors?
		Responsible Decision Making: Working Through Problems
		Healthy Practices and Hygiene: Skeletal, Muscular, Circulatory, and Respiratory Systems
		Healthy Practices and Hygiene: How to Brush
		Healthy Practices and Hygiene: What is Exercise? - Going Deeper
		Healthy Practices and Hygiene: Importance of Sleep
		Mental Health and Wellness: Recognizing Stress
		Healthy Eating and Nutrition: Portion Control
		Healthy Eating and Nutrition: A Balanced Diet
		Disease and Illness Prevention: Staying Healthy - Going Deeper
Safety and Accident Prevention: Common Injuries		
B. Preventive Care		
HM.1.B.1.a	Identify preventive health care (e.g., immunizations, regular health and dental check-ups)	General Health: Who Is a Healthy Helper?
		Disease and Illness Prevention: What Is a Checkup? - Going Deeper
		Disease and Illness Prevention: What are Vaccines?
		Disease and Illness Prevention: Staying Healthy - Going Deeper
C. Growth and Development		
D. Health and Skill Related Fitness		
HM.1.D.1.a	Recognize that physical activity increases heart and respiratory rate	Healthy Practices and Hygiene: What is Exercise? - Going Deeper
		Health Toolbox: Moving My Body

K-5 Missouri Health Correlations • First Grade



Standard	Description	Health Lessons
Big Idea 2: Nutrition		
A. Essential Nutrients and Food Groupings		
HM.2.A.1.a	Recognize that foods come from plant and animal sources and provide the body with fuel (energy)	Healthy Practices and Hygiene: What is Exercise? - Going Deeper
		Healthy Eating and Nutrition: Portion Control
		Healthy Eating and Nutrition: A Balanced Diet
		Disease and Illness Prevention: Staying Healthy - Going Deeper
HM.2.A.1.b	Recognize that food fits into different groups and that different amounts are needed from each food group for healthy eating (i.e., grains, fruits, vegetables, dairy, beans, meats)	Healthy Eating and Nutrition: Portion Control
		Healthy Eating and Nutrition: A Balanced Diet
B. Balance, Variety and Moderation		
C. Food Labels		
HM.2.C.1.a	Recognize that packaged food products contain labels	Healthy Eating and Nutrition: Food Allergies
		Health Toolbox: Reading Food Labels
D. Food Handling and Safety		
HM.2.D.1.a	Illustrate proper food safety procedures (e.g., washing hands, not touching other's food, double dipping)	Healthy Eating and Nutrition: Food Allergies
E. Food Energy and Physical Activity		
HM.2.E.1.a	Recognize that food provides the body with fuel (energy) (e.g., importance of eating breakfast)	Healthy Practices and Hygiene: What is Exercise? - Going Deeper
		Healthy Eating and Nutrition: Portion Control
		Healthy Eating and Nutrition: A Balanced Diet
		Disease and Illness Prevention: Staying Healthy - Going Deeper
		Health Toolbox: What's For Breakfast?
Big Idea 3: Consumer Health and Safety		
A. Media Influence on Health Habits and Decisions		
B. Consumer Rights and Issues		
C. Community Services/Careers		
HM.3.C.1.a	Describe the responsibilities of various community helpers	General Health: Who Is a Healthy Helper?
		Social Behavior: Building Relationships with Trusted Adults
		Social Behavior: Standing Up for Myself
		Responsible Decision Making: Understanding What Worked
		Responsible Decision Making: Short and Long-Term Goals
		Responsible Decision Making: Getting Help with Online Safety
		Disease and Illness Prevention: What Is a Checkup? - Going Deeper

K-5 Missouri Health Correlations • First Grade



Standard	Description	Health Lessons
Big Idea 4: Life Management Skills		
A. Decision Making and Problem Solving		
HM.4.A.1.a	Recognize that decisions have consequences	General Health: My Health, My Responsibility
		Responsible Decision Making: Working Through Problems
		Responsible Decision Making: Understanding What Worked
		Responsible Decision Making: Getting Help with Online Safety
		Healthy Eating and Nutrition: Avoidance - Substances
B. Refusal/Assertive Skills and Conflict Resolution		
HM.4.B.1.a	Describe what causes disagreements/fights and how to avoid them	Social Behavior: Standing Up for Myself
		Responsible Decision Making: Working Through Problems
C. Goal Setting and Asset Development		
HM.4.C.1.a	demonstrate how goal-setting can help a person make a difference in their health or fitness	Responsible Decision Making: Short and Long-Term Goals
D. Stress Management and Coping Skills		
HM.4.D.1.a	Recognize what stress is and how it affects the body	Mental Health and Wellness: Recognizing Stress
E. Harassment/Bullying and Violence Prevention		
HM.4.E.1.a	Identify a trusted adult	General Health: Who Is a Healthy Helper?
		Social Behavior: Building Relationships with Trusted Adults
		Social Behavior: Standing Up for Myself
		Responsible Decision Making: Getting Help with Online Safety
		Disease and Illness Prevention: What Is a Checkup? - Going Deeper
HM.4.E.1.b	Identify acceptable and unacceptable behavior toward others and list positive ways to deal with those behaviors	Social Behavior: Expressing Your Feelings
		Social Behavior: Sharing My Strengths
		Social Behavior: Building Relationships with Trusted Adults

Standard	Description	Health Lessons
Strand: Risk Assessment and Reduction		
Big Idea 1: Disease Prevention and Control		
A. Communicable vs. Non-Communicable Diseases		
RA.1.A.1.a	Identify signs of illness and list ways to help you recover	Disease and Illness Prevention: What Is a Checkup? - Going Deeper Disease and Illness Prevention: Cold and Flu - Going Deeper Disease and Illness Prevention: What are Vaccines? Disease and Illness Prevention: Staying Healthy - Going Deeper Safety and Accident Prevention: Head Lice
RA.1.A.1.b	Define germs, where they are found, and what harm they cause to the body	Healthy Practices and Hygiene: Skeletal, Muscular, Circulatory, and Respiratory Systems Disease and Illness Prevention: Cold and Flu - Going Deeper Disease and Illness Prevention: What are Vaccines?
B. Body Defenses and Recovery		
RA.1.B.1.a	Identify behaviors that prevent and reduce chances of illness (e.g., drinking plenty of water, immunizations, sleep, eating healthy foods)	General Health: What Influences My Health Behaviors? General Health: Who Is a Healthy Helper? Social Behavior: Building Relationships with Trusted Adults Social Behavior: Standing Up for Myself Healthy Practices and Hygiene: Skeletal, Muscular, Circulatory, and Respiratory Systems Healthy Practices and Hygiene: Importance of Sleep Disease and Illness Prevention: Cold and Flu - Going Deeper Disease and Illness Prevention: What are Vaccines?
C. Types of Pathogens and Transmission		
E. HIV/AIDS Prevention Education		
RA.1.E.1.a	Recognize that bodily fluids can carry harmful diseases and that some diseases are easily transmitted while others are not	Healthy Practices and Hygiene: Skeletal, Muscular, Circulatory, and Respiratory Systems QuaverEd is developing a comprehensive resource to address this standard.

K-5 Missouri Health Correlations • First Grade



Standard	Description	Health Lessons
Big Idea 2: Injury Prevention and Safety		
A. Safety for Home, School, and Communities		
RA.2.A.1.a	Identify ways to stay safe in bad weather (e.g., tornado, electric storms)	General Health: What Is an Emergency? - Going Deeper
RA.2.A.1.b	Identify safety rules for being around strangers and using the internet	Social Behavior: Building Relationships with Trusted Adults
		Social Behavior: Standing Up for Myself
		Responsible Decision Making: Getting Help with Online Safety
RA.2.A.1.c	Identify potential hazards in and around the home (e.g., kitchen, bathroom, yard, evacuation plan)	Safety and Accident Prevention: Common Injuries
		Health Toolbox: Identify the Hazard
B. First Aid Procedures		
RA.2.B.1.a	Identify individuals who can properly assist with first aid procedures (e.g., school nurse, lifeguard, teacher, parent, babysitter)	Social Behavior: Building Relationships with Trusted Adults
		Safety and Accident Prevention: Common Injuries
		General Health: Who Is a Healthy Helper?
C. Activity Related Injuries and Environmental Conditions		
RA.2.C.1.a	Match safety equipment to the activity or sport	Health Toolbox: Equipment and Safety
D. Water-Related Emergencies		
RA.2.D.1.a	Demonstrate specific safe practices and procedures in and around water (e.g., life jackets, buddy system, inclement weather)	Safety and Accident Prevention: Common Injuries
		Safety and Accident Prevention: Choosing Safe Situations
		Health Toolbox: Problem-Solving Super-Gogs (Water Safety)
		Health Toolbox: Safe and Unsafe Water Play
Big Idea 3: Substance Education		
A. Safe and Unsafe Substances		
RA.3.A.1.a	Identify alcohol, tobacco, and medicines as drugs	Healthy Eating and Nutrition: Avoidance - Substances
RA.3.A.1.b	Differentiate what is and what is not medicine and it's proper and improper use (e.g., vitamins)	Healthy Eating and Nutrition: Avoidance - Substances
B. Purpose and Guidelines for Prescription, OTC Drugs and Natural Substances		
RA.3.B.1.a	Distinguish between over-the-counter and prescription drugs	Health Toolbox: Types of Medications
C. Substance Use vs. Non-Use		
Big Idea 4: Environmental Health		
A. Effects of Pollution on Health		
RA.4.A.1.a	Identify substances that pollute the air and harm your lungs	QuaverEd is developing a comprehensive resource to address this standard.
RA.4.A.1.b	Recognize the effects of noise pollution on the body (e.g., loud music, headsets)	Health Toolbox: Protecting My Five Senses
B. Individual Responsibility		

K-5 Missouri Health Correlations • Second Grade



Standard	Description	Health Lessons
Strand: Functions and Interrelationships of Systems		
Big Idea 1: Structure and Functions of the Body		
A. Sensory System		
B. Muscular System		
FS.1.B.2.a	Describe the functions of the muscular systems and provide examples (e.g., muscles pull on bones to move the joints, move food through the body)	Healthy Practices and Hygiene: Discovering What Exercise is Right for Me Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
C. Skeletal System		
FS.1.C.2.a	Describe the functions of the skeletal system (e.g., protects body parts, supports the framework, works with muscles)	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
D. Integumentary System (Skin)		
FS.1.D.2.a	Describe the function of the skin (e.g., protection)	Health Toolbox: Topic Discussion (Nervous, Digestive, Immune, and Integumentary Systems) Health Toolbox: My Amazing Body (Nervous, Digestive, Immune, and Integumentary Systems)
E. Cardiorespiratory/Circulatory System		
FS.1.E.2.a	Identify the major components (i.e., blood vessels, heart) and functions (e.g., transport blood throughout the body) of the cardiorespiratory system	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
FS.1.E.2.b	Name the major functions of the cardiorespiratory system	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
F. Respiratory System		
FS.1.F.2.a	Identify additional components of the respiratory system (e.g., trachea, bronchial tubes, diaphragm, alveoli)	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
G. Nervous System		
H. Digestive System		
I. Urinary/Excretory System		
J. Endocrine System		
K. Reproductive System		
L. Lymphatic-Immune System		

K-5 Missouri Health Correlations • Second Grade



Standard	Description	Health Lessons
Big Idea 2: Social, Emotional and Mental Health		
A. Influence of Family and Peers		
FS.2.A.2.a	Recognize the influence peers have on people (shared interest, goals, and values)	General Health: Influences at Home and School
		Social Behavior: Qualities of a Good Friend
		Responsible Decision Making: Importance of Goal Setting
B. Responsibilities in Society		
FS.2.B.2.a	Identify the cause and effect of one's actions on others	General Health: Influences at Home and School
		Responsible Decision Making: Problems Big and Small
		Responsible Decision Making: Making Healthy Decisions
		Safety and Accident Prevention: Saying No in Risky Situations*
C. Communication Skills		
FS.2.C.2.a	Identify appropriate ways to express needs, wants, and feelings (e.g., dealing with anger, model attentive listening skills)	Social Behavior: Asking for Help
		Social Behavior: Building Relationships With Trusted Adults - Going Deeper
		Responsible Decision Making: Problems Big and Small
		Mental Health and Wellness: What My Feelings Mean
		Mental Health and Wellness: Identifying Strong Feelings
Strand: Health Maintenance and Enhancement		
Big Idea 1: Personal and Family Health		
A. Personal Health		
HM.1.A.2.a	Identify and show good oral hygiene (e.g., brushing, flossing, dental exams)	Healthy Practices and Hygiene: Brushing and Flossing
B. Preventive Care		
C. Growth and Development		
HM.1.C.2.a	Describe how people grow and change throughout life (physically, mentally, emotionally, and socially)	Mental Health and Wellness: Choosing a Growth Mindset
		Disease and Illness Prevention: Dimensions of Health
D. Health and Skill Related Fitness		
HM.1.D.2.a	Describe how physical activity makes a person's body stronger (e.g., helps develop strength, endurance, flexibility, and body composition)	Healthy Practices and Hygiene: Discovering What Exercise is Right for Me
		Health Toolbox: Moving My Body

K-5 Missouri Health Correlations • Second Grade



Standard	Description	Health Lessons
Big Idea 2: Nutrition		
A. Essential Nutrients and Food Groupings		
HM.2.A.2.a	Identify healthy food choices (see MyPyramid.gov) in each of the five food groups (sorting play food or pictures into food groups)	Healthy Eating and Nutrition: Reactions From My Food Health Toolbox: Food Group Sorting
HM.2.A.2.b	Compare and contrast the effects of nutrient-dense and empty-calorie foods on the body (e.g., soda/skim milk, chips/apple; cookies/carrots)	Healthy Eating and Nutrition: The Role of Vitamins and Minerals Healthy Eating and Nutrition: The Role Water Plays
B. Balance, Variety and Moderation		
HM.2.B.2.a	Identify a healthy snack from each food group (see MyPyramid.gov)	Healthy Eating and Nutrition: The Role of Vitamins and Minerals Healthy Eating and Nutrition: Reactions From My Food Health Toolbox: Choosing Healthy Snacks
HM.2.B.2.b	Recognize that eating healthy and being active will help maintain a healthy body composition	Healthy Practices and Hygiene: Discovering What Exercise is Right for Me Healthy Eating and Nutrition: The Role of Vitamins and Minerals Healthy Eating and Nutrition: Reactions From My Food
C. Food Labels		
HM.2.C.2.a	Identify the basic parts of the Nutrition Facts label (e.g., serving size, fat, sugar, ingredients)	Health Toolbox: Reading Food Labels
D. Food Handling and Safety		
HM.2.D.2.a	Recognize the four basic rules of food handling (i.e., clean, cook, chill, separate)	Healthy Eating and Nutrition: Reactions From My Food
E. Food Energy and Physical Activity		
HM.2.E.2.a	Select foods that are nutrient-dense to provide the body with long-lasting energy for thinking and physical activity (e.g., eating fruits/vegetables versus candy/chips)	General Health: My Health at Home Responsible Decision Making: Making Healthy Decisions Healthy Eating and Nutrition: The Role of Vitamins and Minerals Healthy Eating and Nutrition: Reactions From My Food Healthy Eating and Nutrition: The Role Water Plays
Big Idea 3: Consumer Health and Safety		
A. Media Influence on Health Habits and Decisions		
HM.3.A.2.a	Identify advertising techniques that target children (e.g., toys in cereal, fast food meals, cartoon characters)	General Health: Influences at Home and School Safety and Accident Prevention: Saying No in Risky Situations* Health Toolbox: Health Detective
B. Consumer Rights and Issues		
C. Community Services/Careers		

Standard	Description	Health Lessons
Big Idea 4: Life Management Skills		
A. Decision Making and Problem Solving		
HM.4.A.2.a	Identify positive ways to solve or prevent problems (e.g., verbal communication skills, non-verbal, and "I" messages)	Social Behavior: Asking for Help Social Behavior: Qualities of a Good Friend Social Behavior: Building Relationships With Trusted Adults - Going Deeper Responsible Decision Making: Problems Big and Small Responsible Decision Making: Introduce - Communicating Online Mental Health and Wellness: What My Feelings Mean Mental Health and Wellness: Identifying Strong Feelings Safety and Accident Prevention: Playground Safety Safety and Accident Prevention: Saying No in Risky Situations* Health Toolbox: I-Message Expanded
B. Refusal/Assertive Skills and Conflict Resolution		
C. Goal Setting and Asset Development		
HM.4.C.2.a	Identify positive influences in a person's life (e.g., school, community, family)	General Health: Influences at Home and School General Health: Why Do I Need Healthy Help? Social Behavior: Asking for Help Social Behavior: Building Relationships With Trusted Adults - Going Deeper
D. Stress Management and Coping Skills		
HM.4.D.2.a	Identify healthy activities that can relieve uncomfortable feelings and emotions	Social Behavior: Building Relationships With Trusted Adults - Going Deeper Social Behavior: Bullies, Bystanders, and Victims Mental Health and Wellness: My Personal Stressors
E. Harassment/Bullying and Violence Prevention		
HM.4.E.2.a	Identify resources in the community that can provide safety (e.g., police, safe houses, school, counselor, mall security)	General Health: Why Do I Need Healthy Help? Social Behavior: Building Relationships With Trusted Adults - Going Deeper Disease and Illness Prevention: What Happens at the Doctor?

Standard	Description	Health Lessons
Strand: Risk Assessment and Reduction		
Big Idea 1: Disease Prevention and Control		
A. Communicable vs. Non-Communicable Diseases		
RA.1.A.2.a	Define communicable and non-communicable diseases	Healthy Practices and Hygiene: Consequences of Poor Hygiene
		Disease and Illness Prevention: Introducing Disease Awareness
		Health Toolbox: Topic Discussion (Communicable or Noncommunicable Diseases)
RA.1.A.2.b	Identify how germs are spread and apply practices which help reduce germs in our community (e.g., cover mouth when sneezing, wash hands)	Healthy Practices and Hygiene: Consequences of Poor Hygiene
		Disease and Illness Prevention: Use and Misuse of Medications
B. Body Defenses and Recovery		
C. Types of Pathogens and Transmission		
E. HIV/AIDS Prevention Education		
RA.1.E.2.a	Identify safe practices for reducing a person's risk for disease (e.g., syringes and needles, sneezing, coughing, hand washing)	Disease and Illness Prevention: Introducing Disease Awareness QuaverEd is developing a comprehensive resource to address this standard.
Big Idea 2: Injury Prevention and Safety		
A. Safety for Home, School, and Communities		
RA.2.A.2.a	Describe common safety rules and laws (e.g., playground, bicycle, pedestrian, vehicle)	General Health: Reducing Emergency-Causing Hazards
		Disease and Illness Prevention: Dimensions of Health
		Safety and Accident Prevention: Playground Safety
		Safety and Accident Prevention: Saying No in Risky Situations*
		Safety and Accident Prevention: Strangers
RA.2.A.2.b	List common emergencies and steps to take in each situation	Safety and Accident Prevention: Safety with Spiders and Insects
		General Health: Reducing Emergency-Causing Hazards
		Health Toolbox: My Fire Safety Plan Health Toolbox: Emergency Action Plan
B. First Aid Procedures		
RA.2.B.2.a	Recognize what to do for minor injuries under adult supervision (e.g., scrape, cut, nosebleed)	Safety and Accident Prevention: Playground Safety
C. Activity Related Injuries and Environmental Conditions		
RA.2.C.2.a	Explain the use and purpose of safety equipment	Safety and Accident Prevention: Playground Safety
		Health Toolbox: Equipment and Safety
D. Water-Related Emergencies		

K-5 Missouri Health Correlations • Second Grade



Standard	Description	Health Lessons
Big Idea 3: Substance Education		
A. Safe and Unsafe Substances		
RA.3.A.2.a	Identify various types of drugs (e.g., nicotine, alcohol and street drugs)	Healthy Eating and Nutrition: Reporting - Substances
RA.3.A.2.b	Explain what constitutes a drug free and safe community	Healthy Eating and Nutrition: Reporting - Substances
B. Purpose and Guidelines for Prescription, OTC Drugs and Natural Substances		
RA.3.B.2.a	Recognize importance of safely storing medicine in its proper place	Disease and Illness Prevention: Use and Misuse of Medications
C. Substance Use vs. Non-Use		
RA.3.C.2.a	Describe the effects of TAOD on the body (e.g., lungs, brain, liver)	Healthy Eating and Nutrition: Reporting - Substances
Big Idea 4: Environmental Health		
A. Effects of Pollution on Health		
B. Individual Responsibility		
RA.4.B.2.a	Recognize the harmful effects of poor air quality or extreme temperature to the body (e.g., asthma, allergies, hypothermia)	Disease and Illness Prevention: Introducing Disease Awareness QuaverEd is developing a comprehensive resource to address this standard.
RA.4.B.2.b	Recognize that littering is against the law and promotes the spreading of pathogens	Responsible Decision Making: Making Healthy Decisions Disease and Illness Prevention: Introducing Disease Awareness

K-5 Missouri Health Correlations • Third Grade



Standard	Description	Health Lessons
Strand: Functions and Interrelationships of Systems		
Big Idea 1: Structure and Functions of the Body		
A. Sensory System		
FS.1.A.3.a	Classify the five sense organs and their parts (e.g., iris, ear canal, olfactory bulb, taste buds, nasal cavity) and explain how the five senses are used in personal and social environment (e.g., gathering information, making observations, drawing conclusions)	Health Toolbox: Protecting My Five Senses
		Health Toolbox: Explore the Five Senses
		Health Toolbox: Five Senses (Lyrics)
		Health Toolbox: My Five Senses (Topic Discussion)
FS.1.A.3.b	Name the major parts, functions and disorders of the sensory organs (e.g., nearsightedness, farsightedness, hearing loss)	Health Toolbox: Protecting My Five Senses
		Health Toolbox: Explore the Five Senses
		Health Toolbox: Five Senses (Lyrics)
		Health Toolbox: My Five Senses (Topic Discussion)
B. Muscular System		
FS.1.B.3.a	Recognize the major muscles of the muscular system (e.g., deltoid, tricep, abdominal, quadricep)	Healthy Practices and Hygiene: Nervous, Digestive, Immune, and Integumentary Systems
		Healthy Practices and Hygiene: What Exercise Is Right for Me?
		Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
C. Skeletal System		
FS.1.C.3.a	Categorize and label different bones by body parts (e.g., leg-tibia, arms-humerus, head-skull, torso-spine)	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
D. Integumentary System (Skin)		
FS.1.D.3.a	Identify the major components and functions of the integumentary system (i.e., skin, hair, nails)	Healthy Practices and Hygiene: Nervous, Digestive, Immune, and Integumentary Systems
E. Cardiorespiratory/Circulatory System		
FS.1.E.3.a	Identify the cause and effect of lifestyles choices (e.g., activity, diet, tobacco use) on the cardiorespiratory system (e.g., healthy heart vs. unhealthy heart, blocked blood vessels, lung capacity)	Healthy Practices and Hygiene: What Exercise Is Right for Me?
		Healthy Eating and Nutrition: Making Nutritional Choices
		Healthy Eating and Nutrition: Peer Influence - Substances
		Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
FS.1.E.3.a	Identify the cause and effect of an active vs. inactive lifestyle on the cardiorespiratory system (e.g., healthy vs. unhealthy heart and lungs)	Healthy Practices and Hygiene: What Exercise Is Right for Me?
		Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)

K-5 Missouri Health Correlations • Third Grade



Standard	Description	Health Lessons
F. Respiratory System		
FS.1.F.3.a	Identify common problems, symptoms, and treatment of breathing disorders (e.g., asthma, bronchitis)	Healthy Eating and Nutrition: Making Nutritional Choices
		Disease and Illness Prevention: Disease Awareness
FS.1.F.3.b	Identify the cause and effect of lifestyle choices on the respiratory system (e.g., inactivity, tobacco)	Healthy Practices and Hygiene: What Exercise Is Right for Me?
		Healthy Eating and Nutrition: Peer Influence - Substances
G. Nervous System		
FS.1.G.3.a	Identify the major components and functions of the nervous system (i.e., brain, spinal cord, nerves)	Healthy Practices and Hygiene: Nervous, Digestive, Immune, and Integumentary Systems
H. Digestive System		
FS.1.H.3.a	Identify the major components (e.g., mouth, esophagus, stomach, small intestine, large intestine) and functions of the digestive system	Healthy Practices and Hygiene: Nervous, Digestive, Immune, and Integumentary Systems
I. Urinary/Excretory System		
J. Endocrine System		
K. Reproductive System		
L. Lymphatic-Immune System		
Big Idea 2: Social, Emotional and Mental Health		
A. Influence of Family and Peers		
B. Responsibilities in Society		
FS.2.B.3.a	Analyze the duties and responsibilities needed to be a contributing member of a social community (e.g., school, church, neighborhood, Girl/Boy Scouts, service)	General Health: Cultural Influences on Health
		Responsible Decision Making: Time Management and Goal Setting
		Safety and Accident Prevention: Safe Spaces in the Community
C. Communication Skills		
FS.2.C.3.a	Evaluate the importance of effective listening skills in building and maintaining relationships	General Health: When Should I Ask for Help?
		Social Behavior: Resolving Conflicts
		Social Behavior: Healthy and Unhealthy Friendships
		Social Behavior: Assertiveness and Bullying

K-5 Missouri Health Correlations • Third Grade



Standard	Description	Health Lessons
Strand: Health Maintenance and Enhancement		
Big Idea 1: Personal and Family Health		
A. Personal Health		
HM.1.A.3.a	Describe how personal health is enhanced by behaviors (include care of skin, teeth, gums, hair, eyes, nose, ears, nails)	Healthy Practices and Hygiene: Brushing and Flossing - Going Deeper
		Healthy Practices and Hygiene: What Exercise Is Right for Me?
		Healthy Practices and Hygiene: What Does Sleep Do for Me? - Going Deeper
		Disease and Illness Prevention: Avoiding Misuse of Medications
B. Preventive Care		
HM.1.B.3.a	Summarize how preventive health care enhances one's health (e.g., immunizations, regular health and dental care)	Healthy Practices and Hygiene: Nervous, Digestive, Immune, and Integumentary Systems
		Disease and Illness Prevention: What Happens at the Doctor? - Going Deeper
C. Growth and Development		
HM.1.C.3.a	Sequence the stages of the human life cycle (e.g., infant, toddler, preschool, school-age)	Health Toolbox: How Vaccines Work
D. Health and Skill Related Fitness		
HM.1.D.3.a	Identify components of health related fitness	MO Additional Resources: Life Cycles
		General Health: My Health at School
		Healthy Practices and Hygiene: What Exercise Is Right for Me?
Health Toolbox: Moving My Body		

K-5 Missouri Health Correlations • Third Grade



Standard	Description	Health Lessons
Big Idea 2: Nutrition		
A. Essential Nutrients and Food Groupings		
HM.2.A.3.a	Identify the six essential nutrients and their functions (carbohydrates, protein, fats, vitamins, minerals, water)	Healthy Eating and Nutrition: Where Do Nutrients Come From?
		Healthy Eating and Nutrition: Making Nutritional Choices
		Healthy Eating and Nutrition: The Role Water Plays - Going Deeper
B. Balance, Variety and Moderation		
HM.2.B.3.a	Compare and contrast the relationship between body image and personal health (e.g., self-esteem, disease prevention)	Responsible Decision Making: Setting My Intentions
		Healthy Practices and Hygiene: Nervous, Digestive, Immune, and Integumentary Systems
		Healthy Practices and Hygiene: What Exercise Is Right for Me?
		Healthy Practices and Hygiene: What Does Sleep Do for Me? - Going Deeper
		Mental Health and Wellness: Overcoming My Weaknesses
		Disease and Illness Prevention: What Happens at the Doctor? - Going Deeper
		Disease and Illness Prevention: Disease Awareness
		Disease and Illness Prevention: Avoiding Misuse of Medications
Safety and Accident Prevention: Personal Safety Assistance*		
C. Food Labels		
HM.2.C.3.a	Explain the importance of nutrition facts on food labels in making healthy selections (e.g., serving size, calories, nutrients, ingredients)	Healthy Eating and Nutrition: Where Do Nutrients Come From?
		Healthy Eating and Nutrition: Making Nutritional Choices
		Health Toolbox: Reading Food Labels
D. Food Handling and Safety		
E. Food Energy and Physical Activity		
HM.2.E.3.a	Recognize that essential nutrients provide different amounts of energy (e.g., carbohydrates, protein, fats)	Healthy Eating and Nutrition: Where Do Nutrients Come From?
		Healthy Eating and Nutrition: Making Nutritional Choices
Big Idea 3: Consumer Health and Safety		
A. Media Influence on Health Habits and Decisions		
B. Consumer Rights and Issues		
C. Community Services/Careers		

K-5 Missouri Health Correlations • Third Grade



Standard	Description	Health Lessons
Big Idea 4: Life Management Skills		
A. Decision Making and Problem Solving		
HM.4.A.3.a	Identify the five steps of the decision making process: 1. What is the problem? 2. What are my choices? 3. What are the pros and cons of each choice? 4. How important are the consequences of each choice? 5. Which is the best choice?	Responsible Decision Making: Evaluating Solutions and Consequences Healthy Practices and Hygiene: Nervous, Digestive, Immune, and Integumentary Systems
B. Refusal/Assertive Skills and Conflict Resolution		
HM.4.B.3.a	Define refusal skills (strategies that help you say no) and assertive skills (skills that allow you to behave with confidence)	General Health: When Should I Ask for Help? Social Behavior: Healthy and Unhealthy Influences Social Behavior: Assertiveness and Bullying Healthy Eating and Nutrition: Peer Influence - Substances Safety and Accident Prevention: Personal Safety Assistance*
C. Goal Setting and Asset Development		
D. Stress Management and Coping Skills		
HM.4.D.3.a	Describe healthy activities and coping strategies to deal with uncomfortable feelings and emotions (e.g., ask a trusted adult, make a plan of action, exercise, speak up)	General Health: When Should I Ask for Help? Responsible Decision Making: Evaluating Solutions and Consequences Responsible Decision Making: Setting My Intentions Mental Health and Wellness: Healthy Coping Strategies Mental Health and Wellness: Managing My Stress Mental Health and Wellness: Overcoming My Weaknesses Mental Health and Wellness: When I Feel Angry
HM.4.D.3.b	Differentiate positive and negative stress and how they can affect a person	General Health: My Health at School General Health: When Should I Ask for Help? Responsible Decision Making: Evaluating Solutions and Consequences Mental Health and Wellness: Healthy Coping Strategies Mental Health and Wellness: Managing My Stress Disease and Illness Prevention: Healthy Balance Safety and Accident Prevention: Personal Safety Assistance*

K-5 Missouri Health Correlations • Third Grade



Standard	Description	Health Lessons
E. Harassment/Bullying and Violence Prevention		
HM.4.E.3.a	Define bullying and harassment and list acts of each (e.g., excluding from group, teasing, inflicting physical harm)	General Health: When Should I Ask for Help?
		Social Behavior: Healthy and Unhealthy Influences
		Social Behavior: Assertiveness and Bullying
		Responsible Decision Making: Communicating Online
		MO Additional Resources: Abuse and Neglect*
HM.4.E.3.b	Define violence and identify the causes (e.g., anger, prejudice, child abuse, socio-economic status)	Healthy Eating and Nutrition: Peer Influence - Substances
		Safety and Accident Prevention: Safe Spaces in the Community
Strand: Risk Assessment and Reduction		
Big Idea 1: Disease Prevention and Control		
A. Communicable vs. Non-Communicable Diseases		
RA.1.A.3.a	Classify communicable and non-communicable diseases into the appropriate category	Disease and Illness Prevention: Disease Awareness
B. Body Defenses and Recovery		
RA.1.B.3.a	Identify the body's basic lines of defense (e.g., skin, hair in nasal passages, white blood cells)	Safety and Accident Prevention: Safety with Spiders and Insects - Going Deeper
		Health Toolbox: My Amazing Body (Nervous, Digestive, Immune, and Integumentary Systems)
C. Types of Pathogens and Transmission		
RA.1.C.3.a	Define pathogen and identify three major types (i.e., bacteria, virus, fungi)	Disease and Illness Prevention: Disease Awareness
E. HIV/AIDS Prevention Education		
RA.1.E.3.a	Define HIV/AIDS and recognize that HIV is transmitted through blood and other bodily fluids	QuaverEd is developing a comprehensive resource to address this standard.
Big Idea 2: Injury Prevention and Safety		
A. Safety for Home, School, and Communities		
RA.2.A.3.a	Construct a plan of what to do when home alone (e.g., emergency phone list, not answering door, not using stove)	Safety and Accident Prevention: Personal Safety Assistance*
		Health Toolbox: Emergency Action Plan
B. First Aid Procedures		
RA.2.B.3.a	Create a plan that recognizes an emergency or non-emergency situation and how to respond (should I call 911?)	General Health: When Should I Ask for Help?
		General Health: Fire Safety
		Healthy Eating and Nutrition: Making Nutritional Choices
		Disease and Illness Prevention: What Happens at the Doctor? - Going Deeper
		Safety and Accident Prevention: Water Safety

K-5 Missouri Health Correlations • Third Grade



Standard	Description	Health Lessons
C. Activity Related Injuries and Environmental Conditions		
D. Water-Related Emergencies		
RA.2.D.3.a	Apply safe practices and procedures in and around water	Safety and Accident Prevention: Water Safety
Big Idea 3: Substance Education		
A. Safe and Unsafe Substances		
B. Purpose and Guidelines for Prescription, OTC Drugs and Natural Substances		
RA.3.B.3.a	Recognize the role of medication in treating an illness	Disease and Illness Prevention: What Happens at the Doctor? - Going Deeper Disease and Illness Prevention: Avoiding Misuse of Medications
C. Substance Use vs. Non-Use		
RA.3.C.3.a	Describe how TAOD affects the way a person thinks, feels, and acts	Healthy Eating and Nutrition: Peer Influence - Substances
RA.3.C.3.b	Recognize the factors (e.g., media, peers, self-concept) that influence decisions to use or abuse substances	Healthy Eating and Nutrition: Peer Influence - Substances
RA.3.C.3.c	Identify healthy alternatives instead of using or abusing substances (e.g., clubs, physical activity, sports)	Healthy Eating and Nutrition: Peer Influence - Substances
Big Idea 4: Environmental Health		
A. Effects of Pollution on Health		
RA.4.A.3.a	Recognize different types of pollution and how they affect one's health (noise, water, air, land)	Healthy Practices and Hygiene: Nervous, Digestive, Immune, and Integumentary Systems Safety and Accident Prevention: Safe Spaces in the Community QuaverEd is developing a comprehensive resource to address this standard.
B. Individual Responsibility		
RA.4.B.3.a	Describe what an individual can do to help preserve the environment and promote environmental health (e.g., recycle, reduce, reuse)	Safety and Accident Prevention: Safe Spaces in the Community QuaverEd is developing a comprehensive resource to address this standard.
RA.4.B.3.b	Recognize that there are laws and regulations designed to promote and protect community and environmental health (e.g., littering, illegal dumping, noise ordinances)	Safety and Accident Prevention: Safe Spaces in the Community

K-5 Missouri Health Correlations • Fourth Grade



Standard	Description	Health Lessons
Strand: Functions and Interrelationships of Systems		
Big Idea 1: Structure and Functions of the Body		
A. Sensory System		
B. Muscular System		
FS.1.B.4.a	Describe how muscles affect overall health (e.g., burning calories, good posture, healthy heart)	Healthy Practices and Hygiene: Exercise and My Well-Being Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
C. Skeletal System		
FS.1.C.4.a	Identify the different types of bones (i.e., long, flat, wide, short, and curved) and their functions (mineral storage, calcium, red blood cells, growth plates)	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
D. Integumentary System (Skin)		
FS.1.D.4.a	Determine the cause/effect of healthy lifestyle choices as they relate to the three layers of skin (nutrition, hydration, exercise)	Healthy Practices and Hygiene: Exercise and My Well-Being Healthy Eating and Nutrition: Nutritional Goals Health Toolbox: Topic Discussion (Nervous, Digestive, Immune, and Integumentary Systems) Health Toolbox: My Amazing Body (Nervous, Digestive, Immune, and Integumentary Systems)
E. Cardiorespiratory/Circulatory System		
FS.1.E.4.a	Show the effects of lifestyle choices (e.g., high fat diet, physical activity) on the cardiorespiratory system and relate how the cardiorespiratory system affects quality of life	Healthy Practices and Hygiene: Exercise and My Well-Being Healthy Eating and Nutrition: Negative Effects of Food Healthy Eating and Nutrition: Nutritional Goals Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
F. Respiratory System		
FS.1.F.4.a	Describe the function of the respiratory system (e.g., exchange of carbon dioxide and oxygen) between air sacs and capillaries	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
G. Nervous System		
FS.1.G.4.a	Define and distinguish between short-term and long-term memory	Healthy Practices and Hygiene: Setting Sleep Routines Health Toolbox: My Amazing Body (Nervous, Digestive, Immune, and Integumentary Systems)

K-5 Missouri Health Correlations • Fourth Grade



Standard	Description	Health Lessons
H. Digestive System		
FS.1.H.4.a	Describe the processes of the digestive system (e.g., how the teeth, tongue, and saliva begin the digestive process) and how they are affected by lifestyle choices (e.g., diet, activity level, dental care)	Healthy Practices and Hygiene: Exploring Lifetime Benefits of Healthy Teeth
		Healthy Practices and Hygiene: Exercise and My Well-Being
		Healthy Eating and Nutrition: Negative Effects of Food
		Healthy Eating and Nutrition: Nutritional Goals
		Health Toolbox: My Amazing Body (Nervous, Digestive, Immune, Integumentary Systems)
I. Urinary/Excretory System		
FS.1.I.4.a	Label the major components (i.e., kidneys, ureters, bladder, urethra) and functions of the urinary/excretory system (e.g., removes liquid waste from the body)	MO Additional Resources: My Amazing Body (Body Systems 3)
J. Endocrine System		
FS.1.J.4.a	Identify and describe the basic structure and functions of the endocrine system including growth (pituitary), reproduction (ovaries, testes), fight or flight responses (adrenal), energy, metabolism (thyroid)	MO Additional Resources: My Amazing Body (Body Systems 3)
K. Reproductive System		
FS.1.K.4.a	Identify and describe the basic structure and function of the male and female reproductive system (e.g., menstrual cycle, nocturnal emissions)	MO Additional Resources: Body Systems 3
L. Lymphatic-Immune System		
FS.1.L.4.a	Describe how to keep the immune system healthy and explain the principles of vaccination and immunization	Disease and Illness Prevention: Communicable and Noncommunicable Diseases
		Health Toolbox: My Amazing Body (Nervous, Digestive, Immune, Integumentary Systems)
		Health Toolbox: How Vaccines Work
		Health Toolbox: Doctor, Doctor (What are Vaccines?)
Big Idea 2: Social, Emotional and Mental Health		
A. Influence of Family and Peers		
B. Responsibilities in Society		
FS.2.B.4.a	Relate the effects of human actions towards people with diverse backgrounds and demonstrate ways to effectively communicate with them	Social Behavior: Respecting Individual Differences
C. Communication Skills		

K-5 Missouri Health Correlations • Fourth Grade



Standard	Description	Health Lessons
Strand: Health Maintenance and Enhancement		
Big Idea 1: Personal and Family Health		
A. Personal Health		
HM.1.A.4.a	Classify activities as they relate to the health related fitness components and identify behaviors, that if performed regularly, can contribute to a healthy lifestyle (eating breakfast daily, not smoking, adequate sleep, maintain normal weight, regular physical activity, avoiding alcohol, healthy snacking)	Healthy Practices and Hygiene: Exercise and My Well-Being
		Healthy Practices and Hygiene: Setting Sleep Routines
		Healthy Eating and Nutrition: Nutritional Goals
		Healthy Eating and Nutrition: Refusal Skills - Substances
		Health Toolbox: Moving My Body
B. Preventive Care		
C. Growth and Development		
D. Health and Skill Related Fitness		
Big Idea 2: Nutrition		
A. Essential Nutrients and Food Groupings		
HM.2.A.4.a	Identify the sources and basic functions of the six essential nutrients including fiber, and locate five essential nutrients (carbohydrates, fats, proteins, vitamins, minerals) on food labels and recognize that this information helps one make healthy food choices	Healthy Eating and Nutrition: Introducing Food Labels
		Healthy Eating and Nutrition: Nutritional Goals
HM.2.A.4.b	Describe the relationship between food intake and energy	Healthy Eating and Nutrition: Negative Effects of Food
		Healthy Eating and Nutrition: Nutritional Goals
B. Balance, Variety and Moderation		
HM.2.B.4.a	Make decisions regarding food choices based on balance (e.g., food log, meal planning, grocery shopping), moderation and variety	Healthy Eating and Nutrition: Nutritional Goals
C. Food Labels		
D. Food Handling and Safety		
HM.2.D.4.a	Describe proper food guidelines and storage (e.g., expiration date, refrigerated vs. non-refrigerated food)	Healthy Eating and Nutrition: Nutritional Goals
E. Food Energy and Physical Activity		

K-5 Missouri Health Correlations • Fourth Grade



Standard	Description	Health Lessons
Big Idea 3: Consumer Health and Safety		
A. Media Influence on Health Habits and Decisions		
HM.3.A.4.a	Collect and display examples of how the media can influence a consumer decision regarding health practices and products (e.g., magazine, newspaper, commercial)	General Health: Discover - Managing My Health Influences Health Toolbox: Be a Super Sleuth
B. Consumer Rights and Issues		
C. Community Services/Careers		
HM.3.C.4.a	Compare and contrast community helpers and agencies who can provide assistance for specific health issues or problems (e.g., firemen, policemen, paramedics, American Heart Association)	General Health: Health in My Community General Health: Finding the Right Healthy Helper Healthy Practices and Hygiene: Creating Healthy Habits Mental Health and Wellness: Improving Myself
Big Idea 4: Life Management Skills		
A. Decision Making and Problem Solving		
HM.4.A.4.a	Explain and cite examples where the decision making process may be used (e.g., choosing sports, snacks, friends)	Responsible Decision Making: Evaluating My Decisions Healthy Practices and Hygiene: Exercise and My Well-Being Healthy Eating and Nutrition: Refusal Skills - Substances
B. Refusal/Assertive Skills and Conflict Resolution		
HM.4.B.4.a	Identify steps of conflict resolution: (1) identify the conflict; (2) agree to disagree; (3) listen to each other; (4) negotiate; (5) compromise on a solution	Social Behavior: Reading Body Language Health Toolbox: Topic Discussion - Solving Conflict
C. Goal Setting and Asset Development		
HM.4.C.4.a	Assess situations that may require coping strategies (e.g., loneliness, boredom, grief, anger, shyness) and list assets that would help address these situations	Responsible Decision Making: Steps to Achieving My Goal Mental Health and Wellness: Managing Overwhelming Emotions Mental Health and Wellness: When I Feel Anxious Mental Health and Wellness: Improving Myself Mental Health and Wellness: Expressing Empathy Disease and Illness Prevention: Caring for My Mental Health
D. Stress Management and Coping Skills		
HM.4.D.4.a	Identify personal stressors in daily living (e.g., large groups, tests, family pressures, too busy, language barriers) and describe strategies to deal with these stressors (coping, time management, decision-making)	Mental Health and Wellness: Managing Overwhelming Emotions Mental Health and Wellness: When I Feel Anxious Disease and Illness Prevention: Caring for My Mental Health

K-5 Missouri Health Correlations • Fourth Grade



Standard	Description	Health Lessons
E. Harassment/Bullying and Violence Prevention		
HM.4.E.4.a	Describe strategies to prevent bullying (e.g., avoid being alone, stay away from people who fight, ignore insults)	Social Behavior: Standing Up for Others
		Responsible Decision Making: Learning from Situations
		Responsible Decision Making: Sharing Information Online
		Safety and Accident Prevention: Sharp Objects*
HM.4.E.4.b	Describe strategies to prevent violence (e.g., count to 10 before acting, talk to a trusted adult about feelings, physical activity, channel energy into worthwhile activity)	Social Behavior: Standing Up for Others
		Responsible Decision Making: Learning from Situations
		Responsible Decision Making: Sharing Information Online
		Safety and Accident Prevention: Situational Awareness
Strand: Risk Assessment and Reduction		
Big Idea 1: Disease Prevention and Control		
A. Communicable vs. Non-Communicable Diseases		
RA.1.A.4.a	Identify and describe basic causes, symptoms, treatments, and management of common communicable diseases and health problems	Disease and Illness Prevention: Communicable and Noncommunicable Diseases
B. Body Defenses and Recovery		
RA.1.B.4.a	Explain how healthy behaviors enhance the body's basic lines of defense (e.g., sleep, physical activity, healthy food choices)	General Health: Preventing an Emergency
		Responsible Decision Making: Sharing Information Online
		Healthy Practices and Hygiene: Creating Healthy Habits
		Mental Health and Wellness: When I Feel Anxious
		Healthy Eating and Nutrition: Introducing Food Labels
		Disease and Illness Prevention: Communicable and Noncommunicable Diseases
Disease and Illness Prevention: Personal Health Habits		
C. Types of Pathogens and Transmission		
RA.1.C.4.a	Identify that there are certain conditions and lifestyle behaviors that enhance both the growth and spread of pathogens (e.g., person-to-person, food, water, not washing hands, improper refrigeration, lack of purification)	Disease and Illness Prevention: Communicable and Noncommunicable Diseases
E. HIV/AIDS Prevention Education		
RA.1.E.4.a	Describe how HIV affects the immune system	QuaverEd is developing a comprehensive resource to address this standard.

K-5 Missouri Health Correlations • Fourth Grade



Standard	Description	Health Lessons
Big Idea 2: Injury Prevention and Safety		
A. Safety for Home, School, and Communities		
RA.2.A.4.a	Assess personal environment and recognize the potential for danger in everyday situations (e.g., not wearing seatbelt, too many plugs in one outlet, telling caller parents are out)	General Health: Preventing an Emergency
		Safety and Accident Prevention: Introduce - Advocating for Accident Prevention
		Safety and Accident Prevention: Setting Personal Boundaries*
		Safety and Accident Prevention: Situational Awareness
B. First Aid Procedures		
RA.2.B.4.a	Demonstrate basic first aid procedures for handling weather-related emergencies (e.g., hypothermia, frostbite, and heat exhaustion)	Safety and Accident Prevention: Introduce - Advocating for Accident Prevention
		Safety and Accident Prevention: Situational Awareness
C. Activity Related Injuries and Environmental Conditions		
RA.2.C.4.a	Predict the outcome when safety equipment is used/not used in physical activity	General Health: Preventing an Emergency
		Healthy Practices and Hygiene: Exercise and My Well-Being
		Safety and Accident Prevention: Introduce - Advocating for Accident Prevention
		Health Toolbox: Equipment and Safety
D. Water-Related Emergencies		
RA.2.D.4.a	Explain the cause and effect of following water safety rules	Safety and Accident Prevention: Introduce - Advocating for Accident Prevention
		Safety and Accident Prevention: Situational Awareness
		Health Toolbox: Problem-Solving Super-Gogs (Water Safety)
		Health Toolbox: Safe and Unsafe Water Play
Big Idea 3: Substance Education		
A. Safe and Unsafe Substances		
RA.3.A.4.a	Classify substances in the home according to proper and improper usage (e.g., bleach is for cleaning and not for ingesting; vitamins are one a day and not several a day)	General Health: Preventing an Emergency
		Healthy Eating and Nutrition: Refusal Skills - Substances
B. Purpose and Guidelines for Prescription, OTC Drugs and Natural Substances		
RA.3.B.4.a	Identify the purposes of prescriptions, OTC drugs, and other natural substances (herbs) and how they can be used safely (e.g., treat illness, prevent health problems)	Disease and Illness Prevention: Why Do I Need a Prescription?

K-5 Missouri Health Correlations • Fourth Grade



Standard	Description	Health Lessons
C. Substance Use vs. Non-Use		
RA.3.C.4.a	Describe how TAOD can affect the body systems (e.g., circulatory, respiratory, nervous)	Healthy Eating and Nutrition: Refusal Skills - Substances Health Toolbox: Body Systems (Skeletal, Muscular, Circulatory, and Respiratory Systems)
RA.3.C.4.b	Analyze the effects of choosing healthy alternatives rather than using or abusing substances	Healthy Eating and Nutrition: Refusal Skills - Substances
Big Idea 4: Environmental Health		
A. Effects of Pollution on Health		
RA.4.A.4.a	Compare the air quality between the smoking and non-smoking area of a restaurant and identify harmful effects of secondhand smoke	General Health: Health in My Community General Health: Discover - Managing My Health Influences Healthy Eating and Nutrition: Refusal Skills - Substances
B. Individual Responsibility		
RA.4.B.4.a	Identify actual or potential risks factors and reduction methods within the environment that can affect one's health (e.g., wearing sunscreen, having parent change furnace filter)	General Health: Health in My Community Safety and Accident Prevention: Introduce - Advocating for Accident Prevention Safety and Accident Prevention: Situational Awareness

K-5 Missouri Health Correlations • Fifth Grade



Standard	Description	Health Lessons
Strand: Functions and Interrelationships of Systems		
Big Idea 1: Structure and Functions of the Body		
A. Sensory System		
B. Muscular System		
FS.1.B.5.a	Explain ways in which the muscular and other body systems work together	Healthy Practices and Hygiene: Exercise and My Well-Being - Going Deeper Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
C. Skeletal System		
D. Integumentary System (Skin)		
FS.1.D.5.a	Formulate ways to protect skin from environmental damage	Health Toolbox: Topic Discussion (Nervous, Digestive, Immune, and Integumentary Systems) Health Toolbox: My Amazing Body (Nervous, Digestive, Immune, and Integumentary Systems)
FS.1.D.5.b	Explain ways in which the integumentary system works with the sensory organs	Health Toolbox: My Amazing Body (Nervous, Digestive, Immune, and Integumentary Systems) Health Toolbox: Topic Discussion (Nervous, Digestive, Immune, and Integumentary Systems)
FS.1.D.5.c	Recognize the importance of self and regular check-ups for skin abnormalities	Health Toolbox: My Amazing Body (Nervous, Digestive, Immune, and Integumentary Systems) Health Toolbox: Topic Discussion (Nervous, Digestive, Immune, and Integumentary Systems)
E. Cardiorespiratory/Circulatory System		
FS.1.E.5.a	Identify the types of blood vessels (i.e., arteries, veins, capillaries)	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
FS.1.E.5.b	Identify the chambers of the heart (i.e., atrium, ventricle)	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
FS.1.E.5.c	Identify types of blood cells (i.e., red, white, platelets)	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
FS.1.E.5.d	Explain ways in which the cardiorespiratory system interacts with other systems	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
F. Respiratory System		
G. Nervous System		

K-5 Missouri Health Correlations • Fifth Grade



Standard	Description	Health Lessons
FS.1.G.5.a	Summarize the functions of the nervous system (e.g., sending and receiving messages, regulating body functions), serving as the body's control center for five senses (emotions, speech, coordination, balance, and learning)	Health Toolbox: Analyze the Story (Marvin's Marvelous Brain)
		Health Toolbox: Marvin's Marvelous Brain (Story)
		Health Toolbox: My Amazing Body (Nervous, Digestive, Immune, Integumentary Systems)
		Health Toolbox: My Amazing Body (Nervous, Digestive, Immune, and Integumentary Systems)
H. Digestive System		
FS.1.H.5.a	Explain ways in which the digestive and other body systems work together	Health Toolbox: My Amazing Body (Nervous, Digestive, Immune, Integumentary Systems)
I. Urinary/Excretory System		
FS.1.I.5.a	Explain ways in which the urinary/excretory works with other body systems	MO Additional Resources: My Amazing Body (Body Systems 3)
J. Endocrine System		
FS.1.J.5.a	Explain ways in which the endocrine and nervous systems work together	MO Additional Resources: My Amazing Body (Body Systems 3)
K. Reproductive System		
FS.1.K.5.a	Research and analyze the physical, emotional, social, and intellectual changes occurring during puberty	MO Additional Resources: Puberty*
		MO Additional Resources: My Reproductive System*
L. Lymphatic-Immune System		
Big Idea 2: Social, Emotional and Mental Health		
A. Influence of Family and Peers		
FS.2.A.5.a	Identify how family, friends, and culture can influence personal health practices and decisions	General Health: Managing My Health Influences
		General Health: Finding Healthy Help Online
		Social Behavior: Appreciating Diversity
B. Responsibilities in Society		
FS.2.B.5.a	Recognize situations where the perspective of others may differ from your own	Social Behavior: Having Difficult Conversations
C. Communication Skills		
FS.2.C.5.a	Define defense mechanisms (constructive or destructive) as a means for handling emotions (e.g., talking it out vs. shutting down)	Mental Health and Wellness: Managing Multiple Feelings
		Mental Health and Wellness: When to Ask for Help

K-5 Missouri Health Correlations • Fifth Grade



Standard	Description	Health Lessons
Strand: Health Maintenance and Enhancement		
Big Idea 1: Personal and Family Health		
A. Personal Health		
HM.1.A.5.a	Create a personal health plan that includes balanced nutrition, physical activity, hygiene, adequate sleep, no alcohol, healthy snacking	Responsible Decision Making: Tracking My Progress and Perseverance
		Healthy Practices and Hygiene: Creating Healthy Habits - Going Deeper
		Healthy Practices and Hygiene: Lifetime Benefits of Healthy Teeth
		Healthy Practices and Hygiene: Setting Sleep Routines - Going Deeper
		Healthy Eating and Nutrition: Effects on My Body and Mind - Substances
B. Preventive Care		
C. Growth and Development		
HM.1.C.5.a	Recognize the rapid changes in adolescent development (e.g., social, emotional, physical, intellectual growth)	MO Additional Resources: Puberty*
D. Health and Skill Related Fitness		
HM.1.D.5.a	Distinguish individual strengths and weaknesses in health-related fitness	Healthy Practices and Hygiene: Exercise and My Well-Being - Going Deeper
		Mental Health and Wellness: Using My Strengths to Help Others
		Health Toolbox: Moving My Body
Big Idea 2: Nutrition		
A. Essential Nutrients and Food Groupings		
HM.2.A.5.a	Identify sources and functions of specific vitamins and minerals that are critical for youth (e.g., calcium, folate, vitamins A,C and D)	Healthy Eating and Nutrition: Food Labels
		Health Toolbox: Hot Potato (The Role of Vitamins and Minerals)
		Health Toolbox: Major Vitamins and Minerals
		Health Toolbox: Lesson Mindset (The Role of Vitamins and Minerals)
		Health Toolbox: Food Sorter (The Role of Vitamins and Minerals)
HM.2.A.5.b	Recognize the MyPyramid.gov food slogans (e.g., go lean with meat, vary your vegetables, focus on fruits, get your calcium rich foods, make the most of your whole grains)	Healthy Eating and Nutrition: Food Labels
		Healthy Eating and Nutrition: Nutritional Goals - Going Deeper
		Health Toolbox: Lunch Box Song (Connections)
B. Balance, Variety and Moderation		
HM.2.B.5.a	Use the MyPyramid.gov website to construct a balanced menu	Health Toolbox: Lunch Box Song (Connections)

K-5 Missouri Health Correlations • Fifth Grade



Standard	Description	Health Lessons
HM.2.B.5.b	Describe and assess the relationship of family preferences and culture to food choices	Healthy Eating and Nutrition: Food Labels
		Healthy Eating and Nutrition: Eating Disorders
		Healthy Eating and Nutrition: Nutritional Goals - Going Deeper
		Health Toolbox: Family and Cultural Traditions (Health-O-Meter)
C. Food Labels		
HM.2.C.5.a	Examine food labels to determine calories and nutrients in a product (e.g., compare nutritional value and ingredients of two product labels)	Healthy Eating and Nutrition: Food Labels
D. Food Handling and Safety		
E. Food Energy and Physical Activity		
HM.2.E.5.a	Summarize the relationship between food intake and physical activity	Healthy Practices and Hygiene: Exercise and My Well-Being - Going Deeper
		Healthy Eating and Nutrition: Food Labels
		Healthy Eating and Nutrition: Eating Disorders
		Healthy Eating and Nutrition: Nutritional Goals - Going Deeper
Big Idea 3: Consumer Health and Safety		
A. Media Influence on Health Habits and Decisions		
B. Consumer Rights and Issues		
HM.3.B.5.a	List five rights that consumers have to protect themselves from false health claims: (1) right to safety (2) right to be informed (3) right to be heard, (4) right to have problems corrected, (5) right to consumer education	General Health: Finding Healthy Help Online
		Responsible Decision Making: Using Data to Inform My Decisions
HM.3.B.5.b	Identify consumer health problems in your community	General Health: Managing My Health Influences
		Responsible Decision Making: Using Data to Inform My Decisions
		Disease and Illness Prevention: Home, School, and Community
C. Community Services/Careers		
Big Idea 4: Life Management Skills		
A. Decision Making and Problem Solving		
HM.4.A.5.a	Apply strategies to solve or prevent problems (e.g., listen attentively, clam down, find a compromise)	General Health: Planning My Healthy Future
		General Health: Creating an Emergency Plan
		Social Behavior: Having Difficult Conversations
		Responsible Decision Making: Problem Solving Strategies
		Mental Health and Wellness: When to Ask for Help
		Mental Health and Wellness: Consequences of Stress

K-5 Missouri Health Correlations • Fifth Grade



Standard	Description	Health Lessons
B. Refusal/Assertive Skills and Conflict Resolution		
C. Goal Setting and Asset Development		
HM.4.C.5.a	Establish short and long term goals for a specific health issue	Responsible Decision Making: Using Data to Inform My Decisions
		Responsible Decision Making: Tracking My Progress and Perseverance
		Healthy Eating and Nutrition: Nutritional Goals - Going Deeper
D. Stress Management and Coping Skills		
HM.4.D.5.a	Describe the short and long term effects of stress on the body	Mental Health and Wellness: When to Ask for Help
		Mental Health and Wellness: Consequences of Stress
		Mental Health and Wellness: Managing Multiple Feelings
E. Harassment/Bullying and Violence Prevention		
HM.4.E.5.a	Devise a plan to reduce the risk of becoming a victim of violence, include violence prevention strategies (e.g., learn to protect yourself, avoid violent situations, choose friends wisely, don't talk to strangers)	General Health: Finding Healthy Help Online
		Responsible Decision Making: Identity Protection*
		Safety and Accident Prevention: Advocating for Accident Prevention
		Safety and Accident Prevention: Evaluating Personal Safety*
		Safety and Accident Prevention: Human Trafficking and Gangs*
		Safety and Accident Prevention: Dangers of Guns and Other Weapons*
Strand: Risk Assessment and Reduction		
Big Idea 1: Disease Prevention and Control		
A. Communicable vs. Non-Communicable Diseases		
RA.1.A.5.a	Determine cause and effect relationships between non-communicable diseases (e.g., Type I diabetes vs. Type II diabetes) and lifestyle behaviors	General Health: Planning My Healthy Future
		Disease and Illness Prevention: Managing Common Illnesses and Diseases
		Disease and Illness Prevention: Home, School, and Community
B. Body Defenses and Recovery		
C. Types of Pathogens and Transmission		
E. HIV/AIDS Prevention Education		
RA.1.E.5.a	List behaviors that could enhance HIV transmission (e.g., tattoo, piercing, sex, syringe use, pregnancy) and strategies to prevent infection	QuaverEd is developing a comprehensive resource to address this standard.

K-5 Missouri Health Correlations • Fifth Grade



Standard	Description	Health Lessons
Big Idea 2: Injury Prevention and Safety		
A. Safety for Home, School, and Communities		
RA.2.A.5.a	Discuss problems in daily living that may contribute to self-destructive behaviors and strategies to cope with these behaviors	Social Behavior: Relationship Boundaries*
		Social Behavior: Conflict or Bullying?
		Mental Health and Wellness: Consequences of Stress
		Healthy Eating and Nutrition: Effects on My Body and Mind - Substances
		Disease and Illness Prevention: Where to Go if I Feel Sad
		Safety and Accident Prevention: Evaluating Personal Safety*
		MO Additional Resources: What Is Self Harm?
		MO Additional Resources: Select Your Strategy (Preventing Self-Harm)
		MO Additional Resources: Warning Signs (Suicide Prevention)
		Healthy Practices and Hygiene: Creating Healthy Habits - Going Deeper
B. First Aid Procedures		
RA.2.B.5.a	Explain how basic aid techniques can help to save lives (e.g., abdominal thrusts and rescue breathing)	General Health: Creating an Emergency Plan
		Safety and Accident Prevention: Advocating for Accident Prevention
C. Activity Related Injuries and Environmental Conditions		
D. Water-Related Emergencies		
Big Idea 3: Substance Education		
A. Safe and Unsafe Substances		
B. Purpose and Guidelines for Prescription, OTC Drugs and Natural Substances		
RA.3.B.5.a	Explain the guidelines and precautions needed when using OTC and prescription drugs (e.g., take with trusted adult, follow the label directions, only take your own, check safety seal)	Disease and Illness Prevention: Importance of Reading Medication Labels
C. Substance Use vs. Non-Use		
RA.3.C.5.a	Discuss the issues relative to a smoke-free environment (e.g., financial, health risks, emotional) and demonstrate strategies for refusing TAOD	Healthy Eating and Nutrition: Effects on My Body and Mind - Substances
Big Idea 4: Environmental Health		
A. Effects of Pollution on Health		
B. Individual Responsibility		
RA.4.B.5.a	Develop ways to promote recycling, reducing waste, and reusing items to prevent pollution that damages the environment, disrupts ecosystems, and affects one's personal health	Healthy Practices and Hygiene: Creating Healthy Habits - Going Deeper
		QuaverEd is developing a comprehensive resource to address this standard.



**Growing Stronger
Bodies & Minds**